

0-6 Months



Newborn babies see things best when they're 15-25cm from their face.

Activity: Show a book to your baby and help them focus on the pictures.

In the first few weeks of life, babies see only in black and white, with new colours slowly coming as they grow.

Activity: Show your baby black and white books and watch as they react to new colours as their vision develops. As your baby grows, introduce books with more colours to excite them.

Slow, high-pitched speech and singing makes it easier for babies to pick up the sounds that make up words.

Activity: Read your baby's favourite book or sing their favourite lullaby in a slow, high voice.

That babies respond to singing by kicking their feet and waving their hands.

Activity: Find a nursery rhyme you all enjoy and using it during bath time or during 'Tummy Time'.

